

Saffron Halibut Packets



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Source: Roger Mooking

Preparation Time: 25 minutes

Cooking Time: 12 minutes

Start to Finish Time: 37 minutes

Servings: 2

Categories: Main Dish - Seafood

Description: A delicious and easy halibut recipe. This is also known as Filets de Flétan en Papillote.

Suggested Wine: 2004 Parma Ridge Vineyards Dry Gewurztraminer

Ingredients - Saffron Tea

2 t Saffron Threads
2 T White wine, Dry Idaho Gewurztraminer

Ingredients - Saffron Halibut Packets

2 6oz Halibut, skinless fillets
2 T Capers, rinsed and drained
2 med Carrots, thinly sliced on the bias
1 Orange, zest and juice
1/2 c White Wine, Dry Idaho Gewurztraminer
1 T Butter, unsalted
Kosher Salt
Black Pepper, freshly ground
1 lg Bunch Green Onions, Diretop 1/3 sliced for garnish, and middle 1/3 kept whole

Directions - For the Saffron Tea

Add the saffron threads to the white wine, and let the flavors steep for 10 minutes.

Directions - For the Halibut Packets

Preheat the oven to 400 degrees F.

Place the fillets onto a plate, and stain each one with a few steeped saffron threads from the tea, and refrigerate for 15 to 20 minutes.

In a medium sauté pan, pour in the remaining saffron tea, capers, carrots, orange zest, orange juice, and white wine. Bring the ingredients up to a simmer, and cook until the carrots are slightly tender, approximately 2 minutes. Stir in the butter, and season with salt, to taste, and remove the pan from the heat.

Tear off 4 pieces of foil or parchment paper large enough to wrap up each fish fillet and vegetables (not too tight.) Place the whole green onion pieces in the center of the parchment. Lay a bed of carrot mixture over the whole green onions. Season the halibut with salt, and pepper, to taste, and place the fillets over the carrot mixture. Spoon the remaining sauce, and carrots over the fish, and fold up the parchment edges (not too tight), creating a sealed packet.

Set the packets on a sheet tray, and bake until the fish is just cooked through, approximately 10 minutes.

Once cooked, open the packets, and garnish the halibut with the green onion slivers.

Serving Ideas: Serve with a Saffron Rice and Green Salad.